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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (93-46)//

RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, DEPENDENTS, AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. RESPECTFULLY REQUEST FLEET COMMANDERS READD TO SHIPS AND OTHER SUBORDINATES WITH MEDICAL PERSONNEL, AS OPERATIONAL CONDITIONS PERMIT.

3. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
(930444)-SASEBO CORPSMAN SAVES A LIFE  
(930445)-MSC OFFICER RECEIVES USNL THEODORE ROOSEVELT AWARD  
(930446)-BREMERTON RECEIVES SECNAV LETTER OF COMMENDATION  
(930447)-VETERANS HELPING VETERANS IN OAKLAND, CALIFORNIA  
(930448)-NH CHARLESTON MSC OFFICERS PICK HABITAT FOR HUMANITY  
(930449)-NAVY MEDICAL DEPARTMENT PEOPLE IN SPECIAL OPERATIONS  
(930450)-HEALTHWATCH: NHCP WELLNESS FAIR A GREAT SUCCESS  
(930451)-HIV AND YOU!  
(930452)-20 SEATS AVAILABLE FOR OPERATIONAL PM COURSE (PARA 4)

HEADLINE: Sasebo Corpsman Saves a Life

BMC Sasebo, Japan (NSMN) -- On HM3 Jeff Mincy's last duty night at the Sasebo Branch Medical Clinic in Kyushu, Japan, he went for a swim ... and saved a life.

"It was 6:30 p.m.," Mincy recalled. "I was at the back desk. I heard Security get a call for an assault-in-progress, so I listened to the radio in case something came of it. We're on the same frequency they are. A panicked voice came over the radio, 'Get an ambulance out here.'"

En route in the ambulance, Mincy didn't yet know what to expect. "I thought it was possible somebody had gone into the drink." Sure enough, the call came to the ambulance from Security. "They let us know there was a man overboard in Juliet Basin."

A distraught individual had jumped over the 15-foot-high concrete wall, straight down. He was swimming out into the middle of the bay -- 150 yards away.

Mincy boarded a boat at Port Operations and headed out after the man.

"By the time we got to him, he was face down and sinking," explained Mincy. "The first thing I thought was, he was just

exhausted and couldn't swim any more."

The boat couldn't go too close without possibly causing injury, so -- despite his full uniform and leather shoes -- Mincy dove in.

The "swimmer" was five or six feet down and still sinking. "Two things helped save him," said Mincy. "The water was clear, and he was wearing a white shirt."

Actually, he had a third thing going for him: Hospital Corpsman Jeff Mincy. Mincy pulled the drowning man up and tried, at first unsuccessfully, to save him.

"I laid him across my chest and started to tow him back to the boat," Mincy said. "After I got him above the water, he started hacking and coughing. He decided he didn't want to be helped and started fighting me."

Mincy finally had to abandon the victim briefly, swim back to the boat, put on a life vest and then go back to finish the job. With help from a short boat hook under the swimmer's belt, the Security-Branch Medical Clinic team was able to get the man on board the small boat.

"The fight just started when we got him on the boat," said Mincy, who said they had to struggle to cuff him. "We thought it would be over, and it had just begun."

Back on land, they used four-point leather restraints because the handcuffs would have cut the man's wrists.

"Once we got in the ambulance and on the gurney, he calmed down quite a bit," said Mincy. "I figured he was -- finally -- exhausted."

"By the time we got back to the clinic, the doctor was there, and three or four other corpsmen had shown up. The patient was calmed down a lot, but he wouldn't talk with anybody."

During the entire rescue, Mincy, a native of Houston, Texas, never got angry. "You learn you can't get mad at the patient. You never get mad at the patient because there's always a medical reason for everything."

The day after Mincy's life-saving efforts, the patient was medevac'd. Mincy rode in the ambulance with him.

"On the way to the medevac he was joking with us," said Mincy. "He apologized to me ..."

"But I wasn't about to take the restraints off."

Story by Mr. Bill Doughty, U.S. Naval Hospital Yokosuka

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HEADLINE: MSC Officer Receives USNL Theodore Roosevelt Award  
BUMED Washington (NSMN) -- Congratulations to LCDR Garry Higgins, MSC, of the Navy Environmental Health Center Detachment, Naval Dosimetry Center, Bethesda, MD, who was one of eight awardees honored by the Navy League of the United States, District of Columbia Council, at an awards luncheon on 9 November. Higgins was one of two junior officers selected for the USNL's 1993 Theodore Roosevelt Award, which is given to sailors or Marines for civic, patriotic and/or religious public service accomplished during off-duty hours. To commemorate the award, Higgins received a miniature replica of the Lone Sailor

statue and a \$250 savings bond.

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HEADLINE: Bremerton Receives SecNav Letter of Commendation

NAVHOSP Bremerton, WA (NSMN) -- In ceremonies that took place the morning of 22 November 1993, Naval Base Seattle Commander RADM Richard A. Riddell presented the prestigious Letter of Commendation from the Secretary of the Navy for Naval Hospital Bremerton's meritorious participation in Operations Desert Shield and Desert Storm from July 1989 to May 1991.

There to receive the award was CAPT Richard A. Mayo, Naval Hospital Bremerton's commanding officer, who echoed the admiral's appreciation and confidence in the hospital, saying, "It was the people and their hard-working efforts" who earned this award.

Riddell particularly recognized the rapid activation and deployment of 167 Naval Reservists during this time period. Mayo credited the men and women at the naval hospital for their unselfish devotion to the concepts and principles of Total Quality Leadership and encouraged further efforts of superb accomplishments.

Story by CDR Sidney Rodgers, MSC

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HEADLINE: Veterans Helping Veterans in Oakland, California

NMC Oakland, CA (NSMN) -- As part of the U.S. Navy's "Sharing Thanksgiving 1993" program, Naval Medical Center Oakland's Chief Petty Officers and Fil-Am Associations, and the center's Pastoral Care and Public Affairs Departments, joined with Oak Knoll's Chapter of the American Red Cross and Navy League, Lake Merritt Council, to organize a food drive for the benefit of Disabled American Veterans, Chapter 7, in Oakland. California Veterans Advocacy Group participated in the drive by donating \$250 to purchase food.

"Some of us are fortunate to have come back from our war able to work; others are not," said Mr. Mark Chandler, director of DAV Chapter 7's Public Relations. Chandler, who works at the Aviation Depot, Naval Air Station Alameda, added, "I am especially pleased to have the opportunity to work with other military agencies who are banding together to make the disabled veterans' lives a little bit brighter."

In addition to a number of turkeys and hams, more than 200 lumpias (a Philippine specialty) provided by the medical center's Fil-Am Association, upward of 350 pounds of canned food and a check for \$300 donated by NMC Oakland's Pastoral Care Department were presented to DAV Adjutant Sam Sites on Monday, 22 November, by NMC Oakland's Commanding Officer RADM Frederic Sanford, MC. Representatives of all organizing participants were on hand for this auspicious beginning of the holiday season. DAV national service officers, Chapter 7 officers and number of DAV member food recipients were also at the ceremony.

"As a Vietnam veteran, I am delighted to be able to share Thanksgiving with those whom I am proud to call shipmates," said Sanford. "They served their country with valor and deserve the best that we can give them."

The food was enjoyed by about 300 DAV members, including 25 homeless Vietnam veterans who are housed at three shelters operated by the Oakland veteran center.

Chandler said that besides the shelters' operation, DAV volunteer personnel provide counselling and facilitating services to veterans who need to file a disability claim for an injury that occurred while in the military. They also offer transportation services to military clinics and hospitals in Northern California. The Rev. Rufus Orenduff, a retired military Baptist minister, provides religious counselling, hospital visitations and officiates at funerals. Additionally, DAV volunteers serve meals to senior veterans every day.

"The (Thanksgiving) food drive was a huge success," said NMC Oakland's Public Affairs Officer LT Stephen A. Gregerson, MSC, under whose auspices the drive was organized. "The command demonstrated once more that the Navy takes care of its own and is always in the forefront when it comes to helping fellow service men and women."

Story by Ms. Andree Marechal-Workman

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HEADLINE: NH Charleston MSC Officers Pick Habitat for Humanity NAVHOSP Charleston, SC (NSMN) -- The medical service corps community of Naval Hospital Charleston has decided to embrace the Charleston Habitat for Humanity project as their participation in community service. According to the group facilitator, LT Jack Frost, MSC, "The Habitat for Humanity project provides shelter for those persons who otherwise could not afford to own a home ... the recipients are low-income working people who pay small payments to the project." The MSC group recently spent a day painting, building a porch, applying sheathing for a new roof and trim work on an older home being refurbished for an appreciative woman. This project is one of eight Naval Hospital Charleston-sponsored community service programs, which also include personal excellence partnerships, a feed-the-hungry program, an operation shipmate program, an adopt-a-highway program and a hospital chapter of People Against Rape.

Story by LT Ron Gimbel, MSC, USNR

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HEADLINE: Navy Medical Department People in Special Operations BUMED Washington (NSMN) -- Wherever the Navy or Marine Corps goes, so does the Navy Medical Department. Thirty percent of our personnel are normally assigned with deployable fleet and fleet marine forces units. Additional medical support is provided for operations such as Provide Promise. Here is the latest update on where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Southern Watch

Total medical/dental personnel: 39 (includes 21 BUMED augmentees)

In Country: Attached with the Administrative Support Unit Bahrain are four physicians, one dentist, three nurses, three medical service corps (MSC) officers, and 26 corpsmen. BUMED

also provides one MSC and one yeoman to augment the COMUSNAVCENT staff out of Bahrain.

Operation Provide Promise (Bosnia)

Total medical/dental personnel: 114 (includes one BUMED augmentee)

Guadalcanal Amphibious Ready Group (ARG): The ARG, which has 33 ward beds, three operating rooms, two intensive care beds, seven quiet room beds and 220 overflow beds, has a medical/dental staff of 113.

LCDR Michael Henderson from Naval Medical Center Portsmouth, VA, in conjunction with one Air Force and three Army medical officers, are acting as Staff Officers for the UNPROFOR HQ Staff located in Zagreb.

Operation Joint Task Force Full Accounting

Navy physicians and independent duty corpsmen are supporting this operation by volunteering to serve tours ranging from just under two weeks to two months. Naval Hospital Orlando, FL, Naval Hospital Jacksonville, FL, Naval Hospital Camp Lejeune, NC, and Naval Hospital Lemoore, CA, are providing personnel to augment four missions which are currently in country. Two of the 10 missions identified for FY 94 have been completed.

Exercise Support

Individuals and components of mobile medical augmentation readiness teams (MMARTs) support various exercises/operations as required, bolstering the "organic" medical assets of the units involved.

Surgical Team 3: Five people -- one physician, two nurses and two corpsmen from Naval Hospital Camp Pendleton, CA -- returned from a successful deployment aboard USS Belleau Wood (LHA 3) in which they provided medical support for Exercise Valiant Blitz.

Fleet Surgical Teams are also deployed to provide additional medical support where needed, as directed by the CINCs.

Miscellaneous OCONUS and Fleet Support

Providing TAD (temporary additional duty) support to 10 fleet platforms and four OCONUS facilities are 17 Navy Medical Department personnel: seven physicians, four nurses, two MSCs and four hospital corpsmen.

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HEADLINE: HEALTHWATCH: NHCP Wellness Fair a Great Success

NAVHOSP Camp Pendleton, CA (NSMN) -- The Naval Hospital Camp Pendleton Wellness Advisory Council sponsored its third annual Staff Wellness Fair on 28 October. The NHCP Wellness Advisory Council is committed to enhancing quality of life by promoting and facilitating an optimum state of mental, emotional, physical and spiritual well-being and enrichment for the NHCP staff.

The Wellness Fair was designed to promote the awareness of resources available to meet these needs, and it was attended by more than 300 people who took advantage of the variety of services offered by more than 20 wellness booths.

Two introductory days were held to "kick off" the Fair, which featured Chaplain Michael Gallagher, who spoke on spirituality and its relationship to our health and well-being,

and a presentation from the Provost Marshal Office on gang violence and drugs.

On 28 October, the Wellness Fair began at 10 a.m. with opening remarks by the hospital's Commanding Officer CAPT James L. Staiger, MC. It continued for four hours and was filled with an array of motivating events, demonstrations, health risk appraisals and celebrity appearances.

Blood pressure, cholesterol, body composition and weight screenings were performed and several physicians were available to consult with staff members regarding their health risk surveys.

The commanding officer and other Command Suite personnel became part of the festivities when they joined instructor Wanda Barboza and others for an aerobic demonstration held on the patio. The demonstration was divided into two groups -- beginners and advanced -- highlighting the availability of aerobics and fitness programs to individuals at different levels.

Other booths included the Red Cross; YMCA; Drug and Alcohol Prevention; Mental Health Education; Physical Therapy; Pharmacy; Nutrition; Massage Therapy; Legal; Tobacco Cessation; Dental; Presidential Sports Award; Base and Hospital Morale, Welfare and Recreation; Sports Medicine; Fire Safety; and Family Service Center.

Food was provided by a Chili Cook-Off, which was judged by volunteers from the Navy/Marine Corps Relief Society, with proceeds going to the NMCRS.

Fair-goers were entertained by the Mooney Twins, a conscious comedy team with a special blend of comedy and information that uses humor to promote positive issues such as health promotion.

Culminating the Fair's activities was the selection of winners in the pumpkin Carving Contest: The OB/GYN Department won first place for the most creative pumpkin; the Dermatology Department won first place for the most traditional; and the Central Processing Department (CPD) won first place for best over-all theme.

While staff participation was essential to the Fair's success, it was made possible by the efforts of the hospital's Wellness Advisory Council, Housekeeping, Pharmacy, CPD, Mira Costa LVN nursing students and many others who worked behind the scenes.

Story by Ms. Anne C. Severy

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HEADLINE: HIV and You!

BUMED Washington (NSMN) -- The risk of HIV infection to health care workers (HCWs) has been estimated to be about 1 in 1,000 for HCWs exposed to HIV-infected blood through needlestick and/or mucous membrane exposure. To prevent exposure to bloodborne infection, the Centers for Disease Control has recommended the use of universal precautions. These precautions are to be used with all patients, and they reduce the chance of the HCW being exposed to contagious fluids in a patient who has not been diagnosed, but who is infected. These precautions will also protect the HCW against other bloodborne infections such as

hepatitis B, cytomegalovirus (CMV) and syphilis.

Universal precautions should be used when exposed to or when handling blood, semen, vaginal secretions or any fluid containing visible blood. Body substance isolation (BSI) is an alternative to universal precautions. BSI is felt to be more protective because it encourages HCWs to protect themselves from all moist body surfaces and substances. This decreases the chance of contact with occult blood in fluids that are not felt to be infectious unless blood is present.

HCWs can prevent injuries with contaminated sharps by placing uncapped needles in a puncture-proof container immediately after use. Other precautions are as follows: Do not recap needles; do not break needles; wash hands and skin surfaces immediately if contamination with an infected body fluid occurs; and wear protective gear such as gloves, masks, goggles, gown and boots whenever there is risk of exposure. The Occupational Safety and Health Administration (OSHA) requires gloves to be worn during venipuncture.

The above information was taken from the United States Air Force HIV Resource Manual. For more information or to become a Navy HIV prevention instructor, call the Navy HIV Program at (301) 295-0048; DSN 295-0048.

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4. Professional Notes: Information on upcoming symposiums or conferences of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Meetings Scheduled for December:

-- 7-10 December 1993, Navy Aeromedical Problems Course and Aerospace Medicine Technician Problems Course. For information, call (904) 452-2457/2458, DSN 922-2457/2458.

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HEADLINE: 20 Seats Available for Operational PM Course

NEPMU-5 San Diego (NSMN) -- Nominations are being solicited for the Operational Preventive Medicine Course (OPMC), being conducted 18-28 January 1994 at the Navy Environmental and Preventive Medicine Unit No. 5 (NEPMU-5), San Diego. This course of instruction is based on lessons learned from past experiences during combat, natural disaster assistance and humanitarian operations.

Upon completion of the OPMC, students will be able to plan, implement, monitor and evaluate preventive medicine programs that enhance and maintain the readiness of operational forces. The course is available to all active and reserve medical personnel with preventive medicine responsibilities, including physicians, nurses, environmental health officers and hospital corpsmen.

The course includes a two-day field exercise at Fleet Hospital Operations and Training Command, Camp Pendleton, CA. Camouflage utilities will be uniform of the day for the field portion of the course. The local uniform of the day will be worn for the remainder of the course.

Nominations must include grade/rank, name, SSN, designator, security clearance, command, plain language mailing address and a point of contact. Only 20 seats are available, so activities should prioritize their nominations. All travel and per diem must be funded by the parent activity. Nominations are due to NEPMU-5 no later than 17 December.

For information, contact NEPMU-5's training department at (619) 556-7086, DSN 526-7086. Nominations can be faxed to (619) 556-7071, DSN 526-7071 (please call to confirm receipt). Questions on course content can be addressed by LCDR B.P. Murphy, MSC, at (619) 556-9809, DSN 526-9809.

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5. Two-month calendar of events and observances:

DECEMBER

National Drunk and Drugged Driving Prevention Month

1 December: World AIDS Day

3 December 1775: Dr. Joseph Harrison appointed as ship's surgeon for the newly commissioned 24-gun armed merchantman Alfred

4 December: Army-Navy Football Game

7 December 1941: Pearl Harbor attacked

9-16 December: Hanukkah

10 December: Human Rights Day

15 December: MSC (IPP) due to Bureau of Naval Personnel

(Pers 25)

15 December 1791: Bill of Rights Ratified

21 December: First day of Winter

25 December: Christmas Day

26 December: Whiner's Day

26 December - 1 January: Kwanzaa

31 December: New Year's Eve

JANUARY

National Volunteer Blood Donor Month

11 January 1964: U.S. Surgeon General Luther Terry issued first government report that smoking may be hazardous to health

15 January 1929: Martin Luther King Jr. born

17 January: Holiday -- King's Birthday Observed

23 and 29 January: Sight Saving Sabbaths

23-29 January: National Glaucoma Awareness Week

24-28 January: National Back Health Week

31 January: LT FitReps Due

31 January: E-1, E-2, E-3 Evaluations Due

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6. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-1315; DSN 294-1315. FAX (202) 653-0086; DSN 294-0086. E-MAIL NMC0ENL@BUMED10.MED.NAVY.MIL.

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